



MENÚ

OCTUBRE 2025

YAGO SCHOOL NURSERY

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

		01	02	03
		ARROZ CON TOMATE POLLO AL AJILLO PATATAS AL HORNO FRUTA FRESCA PAN BLANCO 637,05 Kcal 30,87 Prot. 12,89 Lip. 96,56 HC	GAZPACHO TORTILLA FRANCESA TOMATE ALIÑADO FRUTA FRESCA PAN BLANCO 457,19 Kcal 16,69 Prot. 22,35 Lip. 48,94 HC	SOPA DE VERDURAS CON FIDEOS PAVO EN SALSA COUS COUS YOGUR NATURAL CON TOPPING PAN BLANCO 658,08 Kcal 35,42 Prot. 20,75 Lip. 80,42 HC
06	07	08	09	10
CODITOS CARBONARA SALMÓN EN SALSA PANACHÉ DE VERDURAS FRUTA FRESCA PAN INTEGRAL 698,02 Kcal 30,76 Prot. 23,55 Lip. 86 HC	SALMOREJO LOMO AL HORNO CALABAZA ASADA YOGUR NATURAL CON TOPPING PAN BLANCO 525,6 Kcal 30,55 Prot. 20,78 Lip. 51,76 HC	POTAJE DE ALUBIAS PAVO EN SALSA ENSALADA MIXTA FRUTA FRESCA PAN BLANCO 661,68 Kcal 36,03 Prot. 21,52 Lip. 72,22 HC	PAELLA LOMO DE MERLUZA A LA PLANCHA CALABACÍN REHOGADO FRUTA FRESCA PAN BLANCO 553,47 Kcal 25,15 Prot. 11,48 Lip. 84,93 HC	CREMA DE VERDURAS REVUELTO DE PATATAS CON JAMÓN SERRANO CHAMPIÑONES SALETADOS CON AJO Y PEREJIL FRUTA FRESCA PAN BLANCO 603,87 Kcal 32,23 Prot. 23,45 Lip. 62,11 HC
13	14	15	16	17
FESTIVO	LENTEJAS ESTOFADAS POLLO EN SALSA ENSALADA DE MAIZ CON ACEITUNAS FRUTA FRESCA PAN BLANCO 617,35 Kcal 35,55 Prot. 20,23 Lip. 68,27 HC	CREMA DE CALABACIN ESTOFADO DE TERNERA PATATAS AL HORNO YOGUR PAN BLANCO 956,8 Kcal 40,34 Prot. 47,23 Lip. 87,29 HC	ARROZ TRES DELICIAS MERLUZA AL HORNO SALTEADO DE VERDURAS FRUTA FRESCA PAN BLANCO 622,16 Kcal 28,91 Prot. 14,27 Lip. 90,58 HC	CREMA DE VERDURAS REVUELTO DE YORK ENSALADA VARIADA FRUTA FRESCA PAN BLANCO 541,9 Kcal 24,73 Prot. 21,51 Lip. 60,62 HC
20	21	22	23	24
CODITOS CON TOMATE GALLO AL AJILLO COLIFLOR SALTEADA YOGUR NATURAL CON TOPPING PAN INTEGRAL 599,55 Kcal 30,02 Prot. 13,37 Lip. 84,46 HC	CREMA DE CALABAZA POLLO EN SALSA ENSALADA MIXTA FRUTA FRESCA PAN BLANCO 543,08 Kcal 29,1 Prot. 21,56 Lip. 54,78 HC	LENTEJAS ESTOFADAS LOMO ASADO PATATAS AL HORNO FRUTA FRESCA PAN BLANCO 652,08 Kcal 36,42 Prot. 18,82 Lip. 78,86 HC	ARROZ MARINERO LOMO DE MERLUZA AL HORNO TOMATE ALIÑADO YOGUR NATURAL CON TOPPING PAN BLANCO 563,17 Kcal 29,24 Prot. 14,75 Lip. 76,87 HC	CREMA DE PUERROS Y PATATAS TORTILLA FRANCESA ZANAHORIAS BABY SALTEADAS FRUTA FRESCA PAN BLANCO 482,55 Kcal 19,52 Prot. 15,47 Lip. 65,72 HC
27	28	29	30	31
ESPIRALES CON TOMATE GALLO EN SALSA ENSALADA DE COL YOGUR NATURAL CON TOPPING PAN INTEGRAL 551,84 Kcal 26,1 Prot. 15,34 Lip. 72,33 HC	POTAJE DE GARBANZOS CALDERETA DE POLLO CALABAZA ASADA FRUTA FRESCA PAN BLANCO 676,61 Kcal 39,53 Prot. 23,09 Lip. 71,74 HC	ARROZ CON TOMATE LOMO EN SALSA CALABACIN ASADO FRUTA FRESCA PAN BLANCO 620,12 Kcal 28,56 Prot. 17,48 Lip. 84,77 HC	PATATAS A LA MARINERA MERLUZA AL LIMÓN ENSALADA DE TOMATE FRUTA FRESCA PAN BLANCO 525,89 Kcal 24,97 Prot. 14,58 Lip. 68,84 HC	LENTEJAS CON ZANAHORIA Y SOFRITO DE PIMIENTOS CASEROS TORTILLA DE CALABACIN ARROZ SALTEADO FRUTA FRESCA PAN BLANCO 804,04 Kcal 23,37 Prot. 31,09 Lip. 100,8 HC



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		01 RICE WITH TOMATO SAUCE GARLICK CHICKEN BAKED POTATOES FRESH FRUIT FRESH BREAD 637,05 Kcal 30,87 Prot. 12,89 Lip. 96,56 HC	02 GAZPACHO FRENCH OMELETTE TOMATO SALAD FRESH FRUIT FRESH BREAD 457,19 Kcal 16,69 Prot. 22,35 Lip. 48,94 HC	03 VEGETABLES SOUP WITH NOODLES TURKEY IN SAUCE COUSCOUS NATURAL YOGHURT WITH TOPPING FRESH BREAD 658,08 Kcal 35,42 Prot. 20,75 Lip. 80,42 HC
06 ELBOWS CARBONARA SAUCE SALMON IN SAUCE SAUTEED VEGETABLE FRESH FRUIT WHOLEMALE BREAD 698,02 Kcal 30,76 Prot. 23,55 Lip. 86 HC	07 SALMOREJO BAKED PORK LOIN ROASTED PUMPKIN NATURAL YOGHURT WITH TOPPING FRESH BREAD 525,6 Kcal 30,55 Prot. 20,78 Lip. 51,76 HC	08 BEAN STEW TURKEY IN SAUCE MIXED SALAD FRESH FRUIT FRESH BREAD 661,68 Kcal 36,03 Prot. 21,52 Lip. 72,22 HC	09 PAELLA GRILLED HAKE LOIN SAUTEED ZUCCHINI FRESH FRUIT FRESH BREAD 553,47 Kcal 25,15 Prot. 11,48 Lip. 84,93 HC	10 CREAM OF VEGETABLE SOUP SCRAMBLED POTATOES WITH SERRANO HAM SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH FRUIT FRESH BREAD 603,87 Kcal 32,23 Prot. 23,45 Lip. 62,11 HC
13 SCHOOL HOLIDAY	14 LENTILS STEW CHICKEN IN SAUCE CORN SALAD WITH OLIVES FRESH FRUIT FRESH BREAD 617,35 Kcal 35,55 Prot. 20,23 Lip. 68,27 HC	15 CREAM OF ZUCCHINI SOUP BEEF STEW BAKE POTATOES YOGHURT FRESH BREAD 956,8 Kcal 40,34 Prot. 47,23 Lip. 87,29 HC	16 THREE DELIGHTS RICE BAKED HAKE SAUTEED VEGETABLES FRESH FRUIT FRESH BREAD 622,16 Kcal 28,91 Prot. 14,27 Lip. 90,58 HC	17 CREAM OF VEGETABLES SOUP SCRAMBLED EGGS WITH YORK MIXED SALAD FRESH FRUIT FRESH BREAD 541,9 Kcal 24,73 Prot. 21,51 Lip. 60,62 HC
20 ELBOW MACARONI IN TOMATO SAUCE GARLIC FISH SAUTÉED CAULIFLOWER NATURAL YOGHURT WITH TOPPING WHOLEMALE BREAD 599,55 Kcal 30,02 Prot. 13,37 Lip. 84,46 HC	21 CREAM OF PUMPKIN SOUP CHICKEN IN SAUCE MIXED SALAD FRESH FRUIT FRESH BREAD 543,08 Kcal 29,1 Prot. 21,56 Lip. 54,78 HC	22 STEWED LENTILS ROASTED PORK LOIN BAKED POTATOES FRESH FRUIT FRESH BREAD 652,08 Kcal 36,42 Prot. 18,82 Lip. 78,86 HC	23 SEAFOOD RICE BAKE COD FILLET TOMATO SALAD NATURAL YOGHURT WITH TOPPING FRESH BREAD 563,17 Kcal 29,24 Prot. 14,75 Lip. 76,87 HC	24 CREAM OF LEEK AND POTATO SOUP FRENCH OMELET SAUTÉED BABY CARROTS FRESH FRUIT FRESH BREAD 482,55 Kcal 19,52 Prot. 15,47 Lip. 65,72 HC
27 SPIRALS IN TOMATE SAUCE FISH IN SAUCE COLESLAW NATURAL YOGHURT WITH TOPPING WHOLEMALE BREAD 551,84 Kcal 26,1 Prot. 15,34 Lip. 72,33 HC	28 CHICKPEA CASSEROLE CHICKEN STEW ROASTED PUMPKIN FRESH FRUIT FRESH BREAD 676,61 Kcal 39,53 Prot. 23,09 Lip. 71,74 HC	29 RICE WITH TOMATO SAUCE PORK LOIN IN SAUCE ROASTED COURGETTE FRESH FRUIT FRESH BREAD 620,12 Kcal 28,56 Prot. 17,48 Lip. 84,77 HC	30 MARINERA-STYLE POTATOES LEMON HAKE TOMATO SALAD FRESH FRUIT FRESH BREAD 525,89 Kcal 24,97 Prot. 14,58 Lip. 68,84 HC	31 LENTILS WITH CARROTS AND PEPPER ZUCCHINI OMELETTE SAUTEED RICE FRESH FRUIT FRESH BREAD 804,04 Kcal 23,37 Prot. 31,09 Lip. 100,8 HC